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Evidence Based Practices are interventions proven to be effective and are:

- Standardized treatments that result in improved outcomes. Outcomes are replicated in a variety of studies with different types of youth.
- Based on thorough understanding of adolescent development
- Flexible enough to be incorporated into a program serving youth and their families
- Increasingly being mandated by states

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Types of EBP (3) Categories

- Psychopharmacological Intervention
 - Psychosocial Therapy
- Family and Community Based Models

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Types of Therapy

- Multisystemic Therapy (MST)
- Functional Family Therapy (FFT)
- Multidimensional Therapy (MTFC)

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Multisystemic Therapy

- MST views the youth as embedded in interconnected systems
- The therapist is available 24/7
- The therapist works extensively with the youth's caregivers

Indicators of effectiveness –

- Reduction in recidivism
- Decrease mental health problems
- Improved family functioning

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Functional Family Therapy

- Short term family focus
- Three phases –
 1. Engagement and motivation
 2. Behavior change
 3. Generalization

Indicators of effectiveness –

- Reduction in recidivism
- Reduced sibling high risk behaviors

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Multidimensional Therapy Foster Care

- Youth is placed in Foster Care for 6-9 months

Foster Care setting provides –

- Close supervision
- Fair, consistent behavior management
- Youth receives mental health services

Indicators of effectiveness –

- Fewer days of out of home placement
- Increased school attendance
- Reduced recidivism

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Examples of EBP to Address Substance Abuse

- Brief Strategic Family Therapy (BSFT)
- Multisystemic Therapy (MST)
- Cannabis Youth Treatment (CYT)
- Trauma Focused Cognitive Behavior Therapy (CBT)
- Trauma Affect Regulation (TARGET)
- Trauma Recovery and Empowerment (TREM)
- Structured Psychotherapy for Adolescents Responding to Chronic Stress (SPARCS)

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Psychopharmacological Intervention

- Medication is aimed at symptom reduction.
- For most kids, this should not be the first line of treatment.
- Often this is most effective if used along with an EBP.

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Critical Issues in Treatment

- Address co-occurring disorders
- Trauma focused treatments
- Gender specific considerations
- Culturally sensitive interventions

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Screening TOOLS

- MAYSI- Basic Screening Tool used upon entering a Juvenile Detention Center or a Juvenile Justice Program.
- SASSI-Substance Abuse Screening Tool that provides the High and Low probability of Substance Abuse Disorders.
- CAFAS-Child and Adolescent Functional Assessment Scale.
- GAINS-Bio-Psychosocial Assessment designed to be used in clinical settings.
- SAVRY-Structured Assessment of Violence Risk in Youth.
- Trauma Checklist-Screening of youth past and current Trauma

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Juvenile Outreach Programs

Juvenile Outreach Programs provide services and supports for youth with serious emotional disorders and/or serious mental illness who are in the detention centers or juvenile justice system.

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Juvenile Outreach Programs

To provide linkage and access to mental health services while in the detention center and aftercare or follow-up six months following discharge.

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OUTPATIENT SERVICES

- These are services for individuals who are not Hospitalized but who need Mental Health Services.
- Community Support
- Individual and Group Therapy
- Crisis Response
- School Based Services
- Day Treatment
- Physician Services

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INPATIENT SERVICES

- Inpatient services refers to any medical service that requires admission to a Hospital.
- Private-(Millcreek, Alliance, Cares.)
- State-Mississippi State Hospital, Children's CSU, and Diversion Program.

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Questions? Comments?

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